



Promoting Sun Safe Behaviors for Skin Cancer Prevention Among Young People

How You Can Help

Everyone can make a difference in helping young people adopt sun-safe behaviors to prevent skin cancer. If you are a parent or guardian, student, teacher, athletic coach, school administrator or board member, health care provider, or anyone else who cares about the health of young people, here are some steps you can take.

Everyone

- Support school policies that reduce exposure to ultraviolet (UV) radiation.
- Encourage school administrators and board members to support skin cancer prevention programs and policies that reduce exposure to UV radiation.
- Set a good example by demonstrating sun-safe behaviors, such as
 - minimize exposure to the sun between 10 a.m. and 4 p.m.;
 - seek shade from the mid-day sun when possible;
 - wear clothes, hats, and sunglasses to protect the skin;
 - use sunscreen with a sun protection factor (SPF) of 15 or more;
 - avoid sunlamps and tanning beds.
- Tell young people about the importance of sun-safe behaviors.

School Administrators and Board Members

- Adopt, communicate, enforce, and monitor policies to reduce exposure to UV radiation.
- Identify and, when appropriate, change existing policies that might deter skin cancer prevention (e.g., bans on wearing caps).
- Design new school buildings with adequate shade coverage next to play and sports fields.
- Provide shade by planting trees.
- Use athletic, band, and physical education uniforms that reduce exposure to the sun.
- Provide inservice training and health promotion programs for faculty and staff that address sun safety.
- Recognize teachers, staff, and students who practice sun safety.

Teachers and Coaches

- Use curricula that follow CDC's Guidelines for School Programs to Prevent Skin Cancer and the national standards for physical education and health education.
- Integrate sun-safe lessons into health education and other subject areas.
- Remind students to practice sun-safe behaviors.

Parents and Guardians

- Encourage your children to adopt sun-safe behaviors.
- Make sure your children have the clothing, hats, sunglasses, and sunscreen needed to participate safely in outdoor activities.
- Participate actively with the Parent/Teachers Association to address the need for sun-safe school policies.
- Seek resources to support environmental improvements on school property.

Students

- Set goals for adopting sun-safe behaviors and monitor your progress.
- Encourage friends and family members to practice sun-safe behaviors.
- Encourage the student council to advocate for school policies that reduce exposure to UV radiation.

Health Service Providers

- Promote and reinforce skin cancer prevention practices during check-ups.
- Assess patients' sun exposure patterns and counsel youth with sunburns and their parents on sun-safe behaviors.
- Deliver presentations about skin cancer prevention to students, families, and school staff.